

100 LIFE LESSONS FROM THE QURAN



The Quran offers profound guidance on leading a righteous and fulfilling life. Here are 100 life lessons derived from its teachings

1. Speak Kindly: “And speak to people good [words]...” (2:83)
2. Control Anger: “Who restrain anger and who pardon the people...” (3:134)
3. Show Kindness: “And do good as Allah has done good to you...” (28:77)
4. Avoid Arrogance: “Indeed, He does not like the arrogant.” (16:23)
5. Forgive Others: “And let them pardon and overlook...” (24:22)
6. Be Humble: “And lower your wing to those who follow you of the believers.” (26:215)
7. Maintain Justice: “Indeed, Allah commands you to render trusts to whom they are due...” (4:58)
8. Fulfill Promises: “And fulfill [every] commitment. Indeed, the commitment is ever [that about which one will be] questioned.” (17:34)
9. Seek Knowledge: “And say, ‘My Lord, increase me in knowledge.’” (20:114)
10. Be Patient: “Indeed, Allah is with the patient.” (2:153)
11. Trust in Allah: “And rely upon the Ever-Living who does not die...” (25:58)
12. Be Grateful: “If you are grateful, I will surely increase you [in favor]...” (14:7)

13. Avoid Suspicion: “O you who have believed, avoid much [negative] assumption...” (49:12)

14. Do Not Spy: “And do not spy or backbite each other...” (49:12)

15. Avoid Backbiting: “Would one of you like to eat the flesh of his brother when dead? You would detest it.” (49:12)

16. Be Honest: “And do not mix the truth with falsehood...” (2:42)

17. Keep Good Company: “O you who have believed, fear Allah and be with those who are true.” (9:119)

18. Avoid Mockery: “Let not a people ridicule [another] people; perhaps they may be better than them.” (49:11)

19. Be Generous: “Whatever you spend of good is [to be] for parents and relatives and orphans and the needy and the traveler.” (2:215)

20. Do Not Envy: “Do not wish for that by which Allah has made some of you exceed others.” (4:32)

21. Be Just: “O you who have believed, be persistently standing firm in justice...” (4:135)

22. Avoid Bribery: “And do not consume one another’s wealth unjustly or send it [in bribery] to the rulers...” (2:188)

23. Be Faithful: “O you who have believed, do not betray Allah and the Messenger or betray your trusts...” (8:27)
24. Maintain Family Ties: “And fear Allah, through whom you ask one another, and the wombs [i.e., kinship].” (4:1)
25. Be Compassionate: “Then he was among those who believed and advised one another to patience and advised one another to compassion.” (90:17)
26. Avoid Wastefulness: “Indeed, the wasteful are brothers of the devils...” (17:27)
27. Be Courageous: “So do not weaken and do not grieve, and you will be superior if you are [true] believers.” (3:139)
28. Seek Peace: “And if they incline to peace, then incline to it [also] and rely upon Allah.” (8:61)
29. Be Merciful: “So by mercy from Allah, [O Muhammad], you were lenient with them.” (3:159)
30. Avoid Intoxicants: “O you who have believed, indeed, intoxicants, gambling, [sacrificing on] stone alters [to other than Allah], and divining arrows are but defilement from the work of Satan...” (5:90)
31. Be Truthful: “O you who have believed, fear Allah and be with those who are true.” (9:119)
32. Avoid Extravagance: “And be not excessive. Indeed, He likes not those who commit excess.” (6:141)

33. Maintain Cleanliness: “Indeed, Allah loves those who are constantly repentant and loves those who purify themselves.” (2:222)

34. Be Content: “In order that you not despair over what has eluded you and not exult [in pride] over what He has given you.” (57:23)

35. Avoid Falsehood: “And do not mix the truth with falsehood or conceal the truth while you know [it].” (2:42)

36. Be Diligent: “And that there is not for man except that [good] for which he strives.” (53:39)

37. Show Gratitude: “Then remember Me; I will remember you. Be grateful to Me, and do not deny Me.” (2:152)

38. Avoid Hypocrisy: “They say with their mouths what is not in their hearts.” (3:167)

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41. Be Trustworthy: “Indeed, Allah commands you to render trusts to whom they are due...” (4:58)

42. Practice Moderation: “And those who, when they spend, do so not excessively or sparingly but are ever, between that, [justly] moderate.” (25:67)

43. Seek Forgiveness: “And whoever does a wrong or wrongs himself but then seeks forgiveness of Allah will find Allah Forgiving and Merciful.” (4:110)

44. Avoid Gossip: “O you who have believed, avoid much [negative] assumption. Indeed, some assumption is sin. And do not spy or backbite each other...” (49:12)

45. Be Generous: “Who spend [in the cause of Allah] during ease and hardship...” (3:134)

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73. Keep good company: “O you who believe, be mindful of your duty to Allah and Keep Company with the righteous (9:119)

74. Be Patient: “O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.” (2:153)

75. Avoid Envy: “Do not wish for that by which Allah has made some of you exceed others.” (4:32)

76. Be Humble: “And do not walk upon the earth exultantly. Indeed, you will never tear the earth [apart], and you will never reach the mountains in height.” (17:37)

77. Speak Justly: “And when you testify, be just, even if it concerns a near relative.” (6:152)

78. Avoid Suspicion: “O you who have believed, avoid much [negative] assumption. Indeed, some assumption is sin.” (49:12)

79. Be Just: “O you who have believed, be persistently standing firm in justice, witnesses for Allah, even if it be against yourselves or parents and relatives.” (4:135)

80. Avoid Mockery: “O you who have believed, let not a people ridicule [another] people; perhaps they may be better than them.” (49:11)

81. Be Kind to Parents: “And We have enjoined upon man [care] for his parents.” (29:8)

82. Avoid Extravagance: “Indeed, the wasteful are brothers of the devils.” (17:27)

83. Be Grateful: “And remember when your Lord proclaimed, ‘If you are grateful, I will surely increase you [in favor].’” (14:7)

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These verses provide a comprehensive guide to leading a life that aligns with the principles and values emphasized in the Quran.

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